Pre Game Warm Up

Jogging

Stretching

Hitting (Catchers and pitchers first)

2 tees with hard

1 soft toss with wiffles

1 bunt with hard

Catchers and Pitchers warm up

Infield/outfield

If 2 coaches split

If 1 coach together

Infield

To them

Back hand

Fore hand

Bunt cover and throw to 2nd

Short pop fly

Outfield

Pop Fly

Shallow

Deep

Right

Left

Grounders